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One of the most salutary tendencies of domestic management in our day is that which aims at assuring fruit a favored place in our ordinary diet. The nutrient value of such food, in virtue of its component starches and saccharines, makes it generally popular; and while these substances, as such, are safe, it is accommodated to force the most solid ingredients and animal fat, they are similarly useful in their own degrees, and have, moreover, the advantage of greater digestibility. Their conversion within the tissue is also attended with less friction and greater constructive machinery. The locally stimulant properties of acid fruits on the mucous membranes deserve mention. Its control of a too-active peristole, and its influence of attraction exercised upon the alkaline and aperient ingredients, are points of much superior importance. In this action further effects, which aid the maintenance of a pure and vigorous circulation are indirectly due. Diaphoretic stimulants, on the other hand, are usually benefited by a moderate allowance of this light and stimulating diet. It must be remembered, however, that even fruit is not equally wholesome, let alone digestible, as others. It is not less than two ounces to one quart of water; liquid chloride of zinc, one-half ounce to a quart of water; bi-chloride of mercury, one-sixth ounce to a quart of water; bi-chloride of copper, two ounces to a quart of water; and so on, four ounces to a quart of water.

The great State of Texas has been rapidly forging ahead to a place among the foremost States of the Union. In 1880 it was eleventh on the roll ranking by population. Of its million and a half of population nearly nine hundred thousand were born in the State, and yet largely more than a quarter of a million people have come from other states. The "first white man" born in Texas. Within the span of his life a great Commonwealth has been created and the State peopled. The population is still very small, though in proportion to its size, remarkable growth. It is not much of an exaggeration to say that the whole population of the United States could move to Texas and still have it no more crowded than some parts of Europe. The great advancement in latter years is, no doubt, due to the more thorough opening up of its territory by railroads, the large investment of foreign capital, and the improvement in enforcement of its laws, for the protection of life and property.

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HONOLULU, WEDNESDAY, JULY 29, 1885.

Gazette.

WHOLE No. 1072.

ENTR'Y YMA XM.

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